

C. John Weborg Center for Spiritual Direction
North Park Theological Seminary
Chicago, Illinois
A seminary of the Evangelical Covenant Church

**Listening to the Movement of God in Oneself
“Foundations for Listening and Discernment”
SPFM 7501-Three Credits
Course #1 of the Certificate in Spiritual Direction**

COURSE SYLLABUS

Contact Persons:

Rob Peterson, Center Director – rbpeterson@northpark.edu 773.244.5216

Luke Palmerlee, Center Administrator lrpalmerlee@northpark.edu 773.244.5240

Course Description

As the first of five courses in a program leading to a certificate in spiritual direction, this course will provide foundational information on the history and cultural distinctives of spiritual direction in the Christian tradition. The course will focus on building listening capacity as the primary skill to recognize the movement of God in oneself (discernment) and eventually the primary skill in the ministry of spiritual direction.

Course Objectives

1. Introduce the ministry of Spiritual Direction.
2. Develop listening skills through participation in Listening Groups.
3. Begin to recognize the movement of God in one’s own life through development of the practice of discernment.
4. Participate in spiritual practices, events and exercises that provide greater self-awareness, stronger listening capacity and resources for self-care and use in Spiritual Direction. It is expected that all directors in training are meeting monthly with a trained spiritual director.
5. Engage in an ongoing group in training and nurture for mutual encouragement, support and feedback.

Required Texts

L. Patrick Carroll and Kathryn Dyckman, Inviting the Mystic, Supporting the Prophet: An Introduction to Spiritual Direction. Paulist Press, Mahwah, NJ 1981.

Margaret Guenther, Holy Listening: The Art of Spiritual Direction. Cowley Publication, Cambridge, MA, 1992.

Henri Nouwen, Spiritual Direction: Wisdom for the Long Walk of Faith. Harper One, New York, NY, 2006.

Barbara L. Peacock, Soul Care in African American Practice. IVP, Downers Grove, IL, 2020.

Course Requirements

1. Students will be present, attentive, and engaged in every session of the week beginning with the solitude retreat on Monday and concluding at 1 p.m. the following Sunday. *Attendance for the full 7 days is mandatory.*
2. Will complete the required reading before coming to campus. Please complete the Canvas "Reading Completion Form." (4 books).
3. Will complete the IDI (Intercultural Development Inventory) and debrief session before coming to campus. You will receive a separate email about the IDI and the debrief sessions.
4. Will bring to the course a 300-word personal narrative from one's own life story to be shared in listening groups. You will find an example on Canvas.
5. If you are unfamiliar with the Enneagram and do not know your Enneagram number, you need to take the WEPSS inventory. Have the results of your online assessment with you for the Enneagram session with Carol Lawson. You can find the assessment at www.wepss.com.
6. Write a response to a Christian spiritual classic in 1200-1500 words. The paper will summarize the main ideas of the book and your response to it. The question to answer: How has this book helped you in your progress toward becoming a spiritual director? A list of recommended spiritual writers is below. The paper is due on or before Friday, MONTH AND DATE at 5 pm CST. Upload your paper to Canvas in an MS Word document file. Please save your Word document as lastnamefirstname7501-spiritual classic response.
7. Write a 6-7 page (double spaced, 12-point type) *integrative reflection paper* on the experiences and learning from the intensive and the readings. A reflection paper is *not* a summary of your time in the course. Rather, it is a way to integrate your learning in a very personal way. Use class notes, handouts, texts and personal experience in Listening Groups as source material. Include an assessment of how the course impacted your calling to the ministry of spiritual direction. The paper is due on or before Friday, August 13 at 5pm CST. Upload your paper to Canvas. Please save your Word document as lastnamefirstname7501-reflection paper (petersonrob7501-reflection paper).

8. Spiritual direction is required throughout your CSD certificate program. Please communicate with Rob Peterson regarding your director and how often you meet. You are encouraged to begin that as soon as you are able.

Grading

Grading is Pass/Fail and is based on participation and completing all course requirements. In order to pass students must complete assignments within the allotted time frame unless they have received prior approval for an extension from the professor. Additionally, if you do not complete this course, you may not continue into the on-line Practicum-SPFM 7502. If you encounter any challenges in completing assignments, please reach out to Rob Peterson as soon as possible.

Course Schedule for the Week of July 26-Aug 1, 2021

MONDAY - ALL DAY RETREAT at St. Mary of the Lake, Mundelein, IL

8:00 Carpool to retreat.

9:00 Arrival and Announcements

9:15 Welcome into Silence

12 noon Lunch Together-In Silence

1:00 Silent Retreat Continues

A detailed schedule will be provided for the retreat, which will include time for solitude, individual spiritual direction, group prayers, and multiple options for rest and relaxation.

5:30 Dinner Together - In Silence

6:30 Evening prayer

8:00 Van/cars leave to return to Campus/Hotel/Home

TUESDAY- Classroom N25

8.45 *Morning Prayer*

9:00 Welcome to North Park Theological Seminary Community

9:15 Our Lifestories in Christ: A Pietist Look at Spiritual Direction: **Paul Koptak**

NOON LUNCH BREAK

1.30 Introduction to the Center, the course and syllabus and cohort members-**Rob Peterson**

3:00 Introduction to Listening Groups- **Mary Chase-Ziolek**

5:00 DINNER BREAK

6:30 Listening Group #1-See Course Requirement #4.

WEDNESDAY

8.45 *Morning Prayer*

9.00 Listening Groups #2

10.30 BREAK

10.45 An Introduction to Spiritual Classics-**Paul Koptak**

12.15 LUNCH BREAK

If you are new to the Enneagram, you will need to attend the introductory session during the lunch break. Bring the results of your WEPSS assessment and a lunch.

1:45 The Enneagram 2.0 **Carol Lawson**

5:00 FREE EVENING

THURSDAY

8.45 *Morning Prayer*

9.00 Listening Groups #3

10:30 BREAK

10.45 Lectio Divina – **Maki Coomes**

12.15 LUNCH

1:45 Centering Prayer - **Ken Lund**

5:00 DINNER BREAK

7:00 TAIZE Prayer Isaacson Chapel

FRIDAY

8.45 *Morning Prayer*

9.00 Listening Group #4

10.30 BREAK

10.45 “Who Am I?” - **Ken Lund**

12.00 LUNCH

1:30 “Discernment and Decision Making” - **Ellen Kogstad**

5.00 DINNER BREAK

6.30 Rule of Life: Making Room for What is Life-Giving - **Eva Sullivan Knoff**

SATURDAY

8.45 *Morning Prayer*
9.00 Spiritual Direction- Best Practices-**Rob Peterson**
10.30 BREAK
10:45 Listening Group Assessments
Peer Supervision – **Rob Peterson**

12:15 LUNCH
1:45 Preparation for next course – **Christina Burrows**
4.00 Free Evening

SUNDAY

9.00 Class Gathering – Final Comments, questions, writing your paper.
10.15 Class Photo
10.30 Worship Service, Consecration of Cohort 15, Blessing of Cohort 17.
NOON Celebration

1:00 Ending (Please do not plan to fly out before 3 p.m. if possible)

Title IX: Students who believe they have been harassed, discriminated against, or involved in sexual violence should contact the Seminary Dean of Students and Community Life ((773) 244-6222) or Dean of Students (773-244-5565) or Director of Human Resources (773-244-5599) for information about campus resources and support services, including confidential counseling services.

As a member of the North Park faculty, we are concerned about the well-being and development of our students and are available to discuss any concerns. Faculty are legally obligated to share information with the University's Title IX coordinator in certain situations help ensure that the student's safety and welfare is being addressed, consistent with the requirements of the law. These disclosures include but are not limited to reports of sexual assault, relational/domestic violence, and stalking.

Please refer to North Park's Safe Community site for contact information and further details.
<http://www.northpark.edu/Campus-Life-and-Services/Safe-Community>

Disabilities Accommodations

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the program's office (773-244-5619). Please do so as soon as possible to

better ensure that such accommodations are implemented in a timely manner. Please review the following website: <http://www.northpark.edu/ada>

Academic Honesty

In keeping with our Christian heritage and commitment, North Park is committed to the highest possible ethical and moral standards. Just as we will constantly strive to live up to these high standards, we expect our students to do the same. To that end, cheating of any sort will not be tolerated. Students who are discovered cheating are subject to discipline up to and including failure of a course and expulsion. Our definition of cheating includes but is not limited to:

1. Plagiarism – the use of another’s work as one’s own without giving credit to the individual. This includes using materials from the internet.
2. Copying another’s answers on an examination.
3. Deliberately allowing another to copy one’s answers or work.
4. Signing an attendance roster for another who is not present.

For further information on this subject, you may refer to the Academic Dishonesty section of the University’s online catalog.

Program Assistant: Janice Kelly-cohort 1
Center Intern: Melanie Myatt-cohort 14

Course Instructors

Ellen Kogstad
Rob Peterson
Paul Koptak
Ken Lund
Carol Lawson
Eva Sullivan-Knoff

Listening Group Leaders

Mary Chase-Ziolek

SPIRITUAL CLASSICS (Choose one; these are available in a variety of editions)

See Course Requirement #6

1. Amanda Berry Smith's, Autobiography
2. Augustine's Confessions
3. Benedict of Nursia
4. Bernard of Clairvaux
5. Brigid of Kildare
6. Brother Lawrence
7. Carl Olof Rosenius
8. Catherine of Genoa
9. Catherine of Siena
10. Clare of Assisi
11. Desmond Tutu
12. Evelyn Underhill
13. Ernesto Cardenal
14. Francis of Assisi
15. Francis de Sales
16. Gregory of Nyssa
17. Gustavo Gutiérrez
18. Hildegard of Bingen
19. Howard Thurman
20. Ignatius of Loyola
21. Jarena Lee
22. Johanna Eleonora Petersen
23. John Bunyan
24. John Chrysostom
25. John Cassian
26. John of the Cross
27. John Woolman
28. Julian of Norwich
29. Mechtild of Magdeburg
30. Oscar Romero
31. Paul Petter Waldenström
32. Philipp Jakob Spener
33. Sayings of the Desert Fathers and Mothers
34. St. Basil
35. St. Bonaventure
36. Teresa of Avila
37. Therese of Lisieux
38. _____ The Cloud of Unknowing
39. Toyohiko Kagawa
40. Walter Hilton